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4 Nirbhaya rape case convicts

HANGED

Mukesh Singh *Akshay Thakur* *Vinay Sharma* *Pawan Gupta*

New Delhi, Mar. 20 (UNI)- Seven years after a young medical student was gang-raped and tortured on a moving bus in New Delhi, a crime that shocked India, four of her killers were hanged at 5.30 am at Tihar Jail today. The pre-dawn execution took place less than two hours after the Supreme Court dismissed the final petition of the convicts.

In the hours before that, the convicts had also petitioned the Delhi High Court, where their lawyer cited Coronavirus for the lack of proper documents for a hurriedly-filed appeal. Akshay Thakur, 31, Pawan Gupta, 25, Vinay Sharma, 26, and Mukesh Singh, 32, were hanged simultaneously at Delhi's Tihar Jail, where they spent the last few hours in isolation in separate cells, barely eating.

The entire jail was on lockdown since last night and few other prisoners in Asia's largest prison facility could sleep a wink ahead of the first execution since 2015.

The convicts were woken at 3.30 am, around the time they learnt that they had reached the end of the road in courts. The four filed multiple petitions over the past few months, managing to stall their execution thrice at the eleventh hour. "Send them to the India-Pakistan border, send them to Doklam (at the border with China), but don't hang them," pleaded Akshay Thakur's lawyer A.P. Singh.

'Beasts have been hanged'

"We all have waited so long for this day. Today is a new dawn for daughters of India. The beasts have been hanged," said Asha Devi, the mother of the young woman who came to be known as "Nirbhaya".

On Dec. 16, 2012, the 23-year-old woman had watched a movie with her friend and boarded a private bus to reach home. Six men on the bus beat the friend unconscious before attacking the woman. For nearly an hour, the woman was subjected to a savage assault and tortured with an iron rod before being dumped naked, bleeding and her intestines spilling out.

She survived long enough to identify her attackers but died a few days later in a Singapore hospital amid angry street protests across India.

Of the six arrested, one, Ram Singh, was found dead in his jail cell and a minor who was just short of 18 was freed after three years in a reform home.

[SEE ALSO PAGE 8]

Justice has prevailed: PM Modi

Justice has prevailed," Prime Minister Narendra Modi tweeted after the hanging. "Justice has prevailed. It is of utmost importance to ensure dignity and safety of women. Our Nari Shakti has excelled in every field. Together, we have to build a nation where the focus is on women empowerment, where there is emphasis on equality and opportunity," the Prime Minister tweeted.

PM's Janata Curfew call

Petrol bunks, hotels closed on Sunday

Mysuru, Mar. 20 (KS)- In view of Janata Curfew, all petrol bunks and hotels in city will be closed on Sunday (Mar. 22).

President of Akhila Karnataka Petroleum Dealers' Association Basavegowda said that all petrol bunks in city will remain closed from 7 am to 9 pm in support of the Janata Curfew call by Prime Minister Narendra Modi. However, emergency supplies will be provided to Police vehicles, ambulances and Fire Department vehicles at select bunks.

Meanwhile, Mysuru Hotel Owners Association President C. Narayanagowda too said that all hotels, restaurants, lodges, bakeries and other eateries will be closed during Janata Curfew in city.

Kamal Nath quits as Madhya Pradesh CM

Bhopal, Mar. 20 (UNI)- Kamal Nath, today resigned as Madhya Pradesh CM without facing a test of strength that his Congress Government was certain to lose after the exodus of MLAs loyal to Jyotiraditya Scindia, who crossed over to the BJP last week.

Kamal Nath

"Everyone saw how crores of rupees were spent. How a democratically-elected government was brought down by the BJP who lured a power-hungry, ambitious "Maharaj" rejected by voters and 22 greedy MLAs influenced by him," said Kamal Nath, hitting out at his former colleague and the BJP.

STAR PUNCH

By Satish Acharya

ॐ सर्वे भवन्तु सुखिनः — May all be happy
सर्वे सन्तु निरामयाः । — May none fall ill
सर्वे भद्राणि पश्यन्तु — May all witness auspiciousness
मा कश्चिद्दुःखभाग्भवेत् । — May none ever feel sorrow
ॐ शान्तिः शान्तिः शान्तिः ॥ — Om Shanthi, peace to all

SINCE 1948
CYCLE
everyone has a reason to pray

STAR OF MYSORE

"We believe comment is free, but facts are sacred."

Editor: M. GOVINDE GOWDA, M.A.

Editor-in-Chief K.B. Ganapathy B.A.; B.L.

Mysuru, Friday 20th March 2020

Concern for *social good*

Socially responsible companies are noted for their initiatives on using resources to engage with a sense of responsibility towards ensuring social welfare. The process of Non-Governmental Organisations (NGOs) getting financial and other support from the corporate sector to be used for *social good* has been expressed by the expression *Corporate Social Responsibility (CSR)*. India is the first country in the world to introduce statutory CSR through Companies Act 2013. There was no concept of CSR under the erstwhile Companies Act. Businesses can invest funds out of their profits in areas such as education, poverty alleviation, gender equality, assuaging hunger and so on as part of CSR compliance. Corporates in the country are providing generous funds for projects on road safety, pollution control, slum development and many other social impact programmes launched by the Government, the latest among them being "Skill India" and "Swachh Bharat", apart from contributing to Prime Minister Relief Fund. Providing funds out of profit earned by corporates is seen as investing hard to serve the society and also build the company's reputation.

The origin of CSR can be traced from the land's Upanishads, Puranas and other ancient literary works including the epics. We learn from scholars that Indian entrepreneurs have been engaged in philanthropy since time long past, most of them *giving back* to their communities or causes near and dear to their hearts, in addition to bringing a sense of cohesion in society.

Every company having a net worth of 500 crore rupees or more, turnover of 1,000 crore rupees or more, net profit of five crore rupees or more shall spend in *every* financial year at least two per cent of the average net profits of the company made during the three immediately preceding financial years. If the company fails to spend the amount earmarked as CSR expenditure, then the company is required to explain the reason behind not spending along with documentary evidence. The companies coming under the purview of CSR regime shall give preference to the local areas as per their CSR policy, excluding activities undertaken in pursuance of their normal course of business.

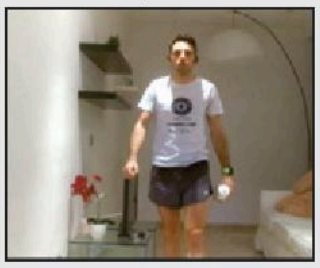
Society owes it for its overall wellness to nurture the spirit of entrepreneurship among the millennials enabling them to blossom as efficient engines of the corporate sector. Total CSR spend may cross 50,000 crore rupees by the end of current financial year. If the goal of achieving five trillion dollar economy becomes a reality in foreseeable future, India's corporates can expand their CSR spend manifold, with society playing its role in synergy with companies.

EDITOR'S BOTTOMLINE

SILENCE AND SPEAKING: ***The power of speech is only given to human beings and should, therefore, not be misused for though it is caused by the tongue which seems harmless, it can result in unprecedented damage. It is said that the words 'words' and 'sword' have the same letters (in a different order) but of the two, 'words' can cause more devastation than a 'sword'. So, one should use one's gift discreetly and with prudence. There are situations and instances in one's life that unequivocally necessitate and require speaking up about. One must be astute enough to discern when to speak up and when to maintain a discreet silence. It is said that there are two major mistakes human beings can make — one, to speak when it is best to be silent and watchful, and two, to keep secretively silent when it is better to speak.*** *— Heera Nawaz in Deccan Herald*

NEWS SPARKLERS

Man runs 61 kms while confined in his small apartment



Galicia: To prove that being confined or quarantined indoors during the coronavirus pandemic is no excuse for neglecting daily exercise, a Spanish athlete recently spent 10 hours running a 61-kilometer marathon in the comfort of his own home.

Javier Castroverde, a 41-year-old triathlete from the Spanish region of Galicia, has been spending his days indoors, as part of a social distancing effort to slow down the spread of the novel coronavirus. However, instead of napping and going on social media, he has been busy keeping in shape. Despite being confined to a relatively small apartment, Castroverde was able to run the equivalent of a 61-km marathon in about 10 hours. He shared the data recorded by a smartphone app and dedicated his feat to the health professionals risking their lives to help others.

Man brings severed human hand, asks wife to cook it for dinner

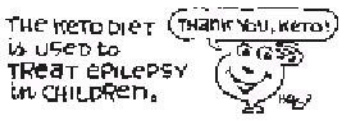
Tikkopur: A 32-year-old man was recently arrested after bringing home a human hand that he had allegedly taken from a crematorium and asking his wife to cook it for dinner.

The disturbing episode took place at Tikkopur village in India's Uttar Pradesh that sent shock waves through the entire area. The accused, known only as 32-year-old Sanjay, reportedly brought home a human hand and handed it to his wife to cook for dinner.

The horrified woman reportedly lost consciousness and fell to the ground, only to wake up to an even more macabre sight – her husband getting ready to cook the human appendage himself. All she could do was run out of the house, lock her husband inside and call the Police.

HEALTH CAPSULE by Bron Smith

What is the Ketogenic diet?



The "Keto" diet is high fat and low carb. Keto eaters strive to obtain 70% to 80% of their calories from healthy fats, such as cheese, avocados, coconut oil, egg yolks, nuts, olive oil and fatty meats like sardines and bacon. This high-fat diet throws the body into ketosis, thereby promoting weight loss.

**Health Capsules is not intended to be of a diagnostic nature.*

Workshop on Ayurveda-based Holistic Nutrition

Mysuru, Mar. 20- Indian Dietetic Association (IDA), Mysore chapter and University of Trans-Disciplinary Health Sciences and Technology (TDU), Bengaluru, conducted a one-day workshop titled "Introduction to Ayurveda-based Holistic Nutrition" recently in city.

Dr. Sushma Appaiah, Convener, IDA, Mysore chapter, highlighted that goodness of Ayurveda should not be ignored by nutrition professionals as neutraceuticals industries are already using the benefits of ayurveda-based nutrition.

Dr. Madhumitha Krishnan, Ayurvedic Paediatrician, spoke on prakruti (nature) and assessment of basic nature of our body namely, vata, pitta and kapha to design the diet accordingly. Dr. Prasana Shankar introduced the participants to rasa and gunas of food and its relevance to diet planning. Participants were made to taste more than 25 food ingredients and herbs to analyse their characteristics, based on ayurveda. Dr. Vishnuprasad, a Cell Biologist, dealt on treatment of various disorders with ayurveda and importance of digitalisation of data, since the inception of TDU in 2011.

Executive members of IDA Mysore Dr. Vanitha Reddy (Secretary), Dr. Charlotte Karunakaran (Co-convenor), Seema Siddique (Treasurer), Dr. Champaka Mala (Chief Dietitian at Apollo Hospital) and Dr. Sudha were part of this workshop coordinated by Dr. Megha from TDU. Ayurvedic doctors from Karnataka Lingayat Education Society (KLES), Belagaavi, participated in the workshop along with the faculty members from Yuvaraja's, Maharani's and JSS Colleges, Mysuru. All the participants — students, research scholars, clinical dietetics, nutritionist and dieticians — were presented certificates.

Treasurer of IDA Mysore chapter Seema Siddique proposed a vote of thanks.

Really...?

- ***It takes 8 minutes, 19 seconds for light to travel from the Sun to the Earth:*** *In space, light travels at 3,00,000 kilometres (1,86,000 miles) per second. Even at this breakneck speed, covering the 150 million odd kilometres (93 million miles) between us and the Sun takes considerable time. And eight minutes is still very little compared to the five and a half hours it takes for the Sun's light to reach Pluto.*

LAUGHTER THE BEST MEDICINE

I was in the shop looking for a jacket to buy my girlfriend as a present.
I couldn't decide which one to get, so I asked the salesman, "If you were buying a jacket for your girlfriend, which one would you get?"
He said, *"A bulletproof one. I'm married!!"*

Today's Currency Rate

1 US Dollar	= Rs. 75.03
1 UK Pound	= Rs. 87.45
1 UAE Dirham	= Rs. 20.43
1 Euro	= Rs. 80.65

VOICE OF THE READER

Minor driving - A serious road safety violation

Sir,

Underage children driving vehicles is one of the serious road safety violations. Minors riding two-wheelers is rampant in Mysuru city and it is being regularly noticed not only in residential localities but also on major roads and Highways.

Minors of too young age (12-16 years) driving with one or even two pillions (triple riding) either by boys alone or girls alone or in the combination or taking elders as pillion(s) is also seen. It is a pity that parents or guardians are not only giving their two-wheelers to their minor wards, but also encouraging underage driving *(see photos)*.

Parents are neither worried about road safety nor the penalty [Rs. 25,000 and imprisonment up to 3 years and such minors will be debarred to get driving license till they attain 25 years of age, effective from 1st September, 2019 (Sec. 199A and 199B of the Motor Vehicle Act)] and allowing their minors to drive when they themselves are traveling as pillions. Preventing minors rather than penalising them or their parents is the main idea of increasing the penalties.

People should understand the consequences of minor driving and the accidents, if they cause. Sometimes it may lead of death of the minors or cause injuries. While driving, many minors of city have lost their lives.

At national level, in 2018, around 10,000 minors died in road accidents and they account for 7% of total road accident deaths. Instead of repenting after any untoward incident it is better to prevent minor driving for the safety of the fellow motorists and other road users.

— Dr. S. V. N. Vijayendra,
Traffic Warden
Roopanagar
16.3.2020

Unscientific road humps on Highway

Sir,

There are numerous road humps on Mysuru - Bengaluru Highway. It is may be due to the ongoing road widening works. But these humps are not scientific and neither painted with white stripes nor there is any warning board.

Since it is a Highway and many vehicles will be at a high speed, these road humps may not come to the notice of the drivers at once. It may also lead to many accidents and damage the vehicle.

Hence the authorities should see to it that these road humps are put scientifically and also painted with white stripes. And also a board of caution to be put at a specified distance.

—Yadav Raghavan
on e-mail
Yadavagiri
18.3.2020

Winners of 'Prayag-2020'
Cultural & Management Fest

Mysuru, Mar. 20- The Department of Master of Business Administration, GSSS Institute of Engineering & Technology for Women (GSSSIETW), KRS Road, Mysuru, had organised a Cultural and Management Fest 'Prayag-2020' at its campus recently.

GSSSIETW Principal Dr. M. Shivakumar presided. Ashok Shenoi, Board Member and Administration Coordinator, was the chief guest. Dr. D.R. Rajashekhara Swamy, Professor and HoD - MBA, welcomed.

The Fest had events like Fashion Show, Treasure Hunt, Quiz, Photography and Mad Ads.

St. Joseph's First Grade College won first place in Fashion Show and GSSSIETW was the runners-up.

Sapient College of Commerce and Management was the winner in Quiz Competition and SBRR Mahajana First Grade College got second prize.

In Mad Ads, first prize was bagged by St. Joseph's First Grade College and second prize to Hindustan First Grade College.

St. Philomena's College won first place in Photography and Sapient College of Commerce and Management secured the second prize.

Sapient College of Commerce and Management was the winner in Treasure Hunt.

The winners are awarded with attractive cash prizes and certificates.

Samruddhi Scheme: Calling Street Vendors

Mysuru, Mar. 20- In connection with Samruddhi Scheme, Karnataka State Women Development Corporation has invited applications from economically backward women street vendors belonging to Chamaraja, Narasimharaja and Krishnaraja Assembly Constituencies of Mysuru district.

The prescribed application form can be obtained from the Office of Mysuru City Child Development Project Officer and filled-in form, along with necessary documents (in duplicate), must be submitted to the Office of the Taluk Child Development Project Officer before Mar.24.

For details, contact Ph: 0821-2495432 or 2491962.

Typist posts

Mysuru, Mar. 20- Principal District and Sessions Court has invited applications from candidates for recruitment of 10 vacant typist posts.

Eligible may submit applications online *(https://districts.ecourts.gov.in/mysuru-onlinerecruitment or https://karnatakajudiciary.kar.nic.in)* before May 5 and remit application fee through State Bank of India challan before June 8.

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For details log on : www.ireps.gov.in
Dy. Chief Electrical Engineer/EEM/HQ South Western Railway/ Hubballi
PUB/460/AAP/PRB/SWR/2019-20

SOUTH WESTERN RAILWAY
WARNING
In recent past, reports have come to light that some websites and social media are spreading false information regarding Recruitment of about 19952 Constables in Railway Protection Force (RPF) promising to get candidates recruited in exchange of money. All prospective candidates and public in general are hereby intimated that no such Notification has been issued by RPF or Ministry of Railways on their official websites or through any print or electronic media. Any advertisement regarding recruitment in RPF is published on the official website of Ministry of Railways only.
Candidates are advised neither to fall prey to false assurances and exploitation, nor entertain or encourage unscrupulous elements in any way.
RPF or Ministry of Railways will not be responsible if any one takes such false information seriously and gets victimized in any manner.
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PUB/462/AAP/PRB/SWR/2019-20

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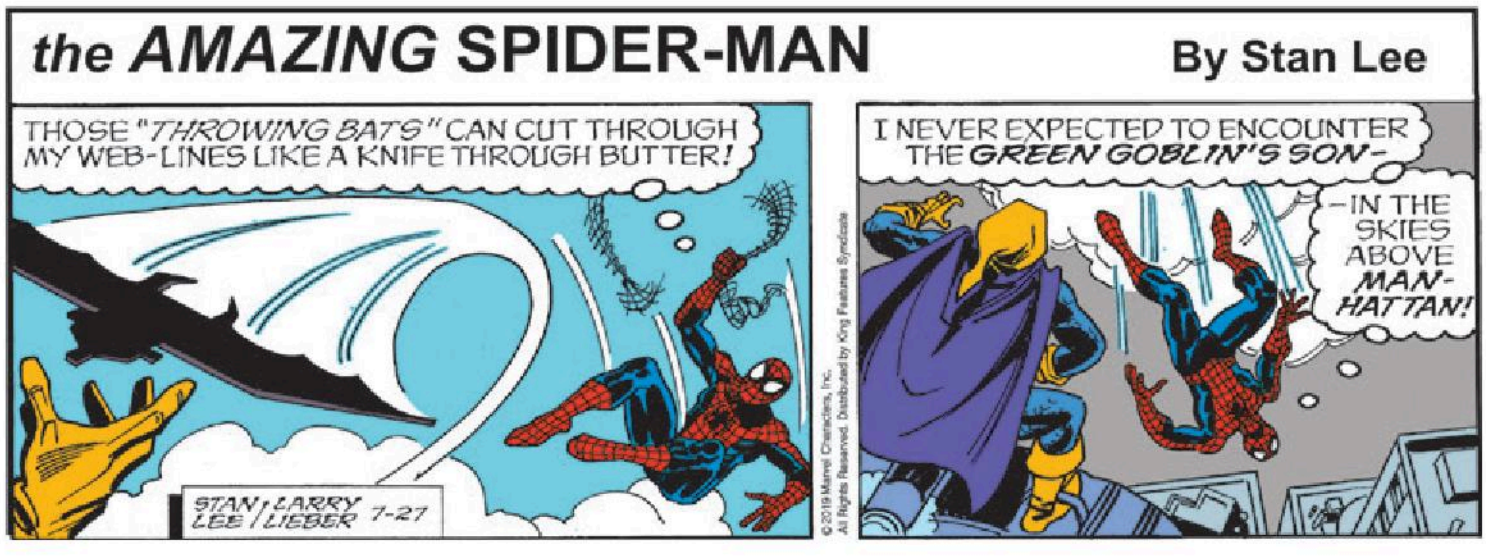
the AMAZING SPIDER-MAN
By Stan Lee
THOSE "THROWING BATS" CAN CUT THROUGH MY WEB-LINES LIKE A KNIFE THROUGH BUTTER!
STAN LEE / LARRY LIEBER 7-27
I NEVER EXPECTED TO ENCOUNTER THE GREEN GOBLIN'S SON-
-IN THE SKIES ABOVE MAN-HATTAN!
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NEWS BRIEFS

Power disruption

Owing to emergency maintenance works, power supply will be disrupted tomorrow between 10 am and 5 pm in the following areas: Vijayanagar 1st to 4th Stages, Hinkal village and surrounding areas, according to a press release from CESC.

Dak Adalat

Mysore Postal Department will be conducting Dak Adalat at the first floor of Yadavagiri Post Office on Mar. 23 at 11 am. Public can submit their grievances in writing before Mar. 20 to the Office of the Superintendent of Posts, Yadavagiri Post Office. [Ph: 0821-2417300].

Events postponed

Following the imposition of Cr.P.C Section 144 (3) due to COVID-19 outbreak, the mass Satyanarayana puja which was scheduled to be held on Mar. 25 at Sri Krishnadhama, Mysuru, has been postponed, according to a press release from the Mandali.

Also, mass Sri Srinivasa Kalyana, which was organised as part of Ugadi Festival on Mar. 25, at Sri Venkateshwara Dhyana Kendra, Uttaradi Mutt, Srirampura 2nd Stage, has been postponed to May 7, on the day of anniversary celebrations of the Kendra.

Story-telling

Kalasuruchi has organised story-telling for kids by H.S. Sharada, Mathematics Teacher, Govt. High School, H.D. Kote Taluk, tomorrow from 4.30 pm to 5.30 pm at Suruchi Rangamane, # 476, Chitrabhanu Road, Kuvempunagar. For details, contact Ph: 0821-2541795.

Poem recital put off

Bidugade Theatre troupe, Mysuru, had organised a programme tomorrow at Maneyangala, Kalamandira premises to recite latest collection of poems 'Manavaraaguva' penned by writer Horeyala Doreswamy. The programme has been postponed as per orders from District Administration, according to a press release.

KRS Water Level

(Maximum : 124.80 feet)

Today	108.71 ft
Yesterday	109.04 ft
Inflow	261 cusecs
Outflow	3,818 cusecs

Kabini Level

(Maximum : 2,284.00 feet)

Today	2,273.39 ft
Inflow	196 cusecs
Outflow	700 cusecs

Modi calls for determination, patience and a 'Janata Curfew'

New Delhi, Mar. 20 (UNI)- Apart from the people's curfew on Mar. 22, there were nine calls to action in the Prime Minister's address including the formation of a COVID-19 Task Force under Finance Minister Nirmala Sitharaman.

Addressing the nation yesterday at 8 pm that was telecast live on televisions, Modi urged Indians across the country to face the Coronavirus pandemic with collective determination and patience, to make sure that "humanity and India prevails". He also announced the setting up of the COVID-19 Task Force for measures to mitigate some of the economic hardships engendered by the pandemic.

Nine calls to action

There were nine calls to action in Prime Minister Modi's address including a self-imposed **'Janata Curfew' (people's curfew) on Mar. 22, not to resort to panic buying, asking senior citizens to stay indoors, social distancing, avoiding elective surgery or routine health check-ups to not over burden health services, asking employers to pay employees in full when they have to stay home and to stay away from rumours.**

The pandemic, the Prime Minister said, was a serious, global crisis, "involving more countries than any previous natural or political crisis, even during World War I or World War II". Modi said as there was no clear treatment, medicine or vaccine that had been found to counter the Novel Coronavirus, it was incumbent on people to observe escalation via social distancing.

Prime Minister Narendra Modi addressing the nation last night.

Collective determination

He asked all Indians, as a sign of their collective determination to observe a voluntary people's curfew between 7 am and 9 pm on Mar. 22. This, he said, should be observed and implemented by the people themselves, to not stir out of their houses.

He also asked that on Mar. 22, at 5 pm, people should step out on their balconies, verandahs or doorways and express their appreciation for personnel, who Modi said "were our bulwark, till now against the pandemic," employed in hospitals, airports, railways, Police and other essential services, by **clapping or beating *thalis*** (metal plates) from within their houses.

Change attitude

Modi urged people to give up the attitude that all was well or that they would, somehow, escape the disease. "Since there is no firm treatment available for this virus, **social distancing is the only thing to do. Therefore, give me a few weeks, and avoid going out unless it is strictly necessary,"** he urged.

The Prime Minister reiterated that enough supplies of necessities were available and he assured people that there was no situation where this would not be so. "Therefore, I urge all of you to avoid panic buying and buy only as much as you would normally do," he said.

Appeal to employers

"This pandemic will hit our middle and lower middle class and our poor economically," he said, appealing to industrialists and employers to ensure that salaries of employees is not cut due to temporary shutting down of businesses and to take a "humane view" of things.

Modi also asked people to desist from routine check-ups and elective surgeries as hospitals would get overloaded. "I urge you all that if you have a check up scheduled, please postpone it for a few days or try and get advice over the phone. Please postpone elective surgeries too," he said.

What is Janata Curfew: Here is how it will work

- PM Modi urged all the citizens of the country to stay off the roads and public places on Sunday (Mar. 22)
- The Janata Curfew on Sunday will start at 7 am and continue till 9 pm.
- People working in essential services such as Police, medical services, media, home delivery, fire fighting and those serving the nation, etc. will not need to take part in the Janata Curfew.
- At 5 pm, all the citizens are requested by the PM to encourage the people working in essential services, in the times of Coronavirus pandemic, by standing in their doorways and clapping and ringing bells as a mark of appreciation and gratitude.

Authorities announce tips on how to stay healthy during summer

Mysuru, Mar. 20- With summer season having set in, the district authorities have announced several tips for the people to stay healthy during the hot season, as there are chances of reduced digestive power among children and the aged.

The people are advised to consume glucose-rich drinks to ensure that their body retains the desired level of water content. It is also necessary to drink water mixed with sugar, salt, natural fruit juices, butter milk, lassi, lemon juice, tender coconut water and other protein rich drinks that infuse enough glucose into the body.

Consumption of cucumber, pumpkin, ash gourd, tomato, carrot and such other glucose-rich vegetables, fruits such as watermelon, mango, grapes, pomegranate, etc., will help in boosting energy and ensuring intake of essential nutrients.

People buying lemons in bulk near K.R. Market to beat the heat.

It is also advised to have less-spicy food and foods that are easily digestible. Also, it is necessary to avoid oily food and also to keep away from the sun as far as possible. People should wear white coloured lose-fitting dresses, preferably made of cotton. Also, it is advisable to clean the sweat regularly with handkerchief and to drink water regularly for maintaining body moisture. Wearing shades (protective eye gear) to protect eyes from sun rays, using umbrellas and wearing caps are also advisable.

The members of the public should immediately shift a person found suffering from obstructed speech and unusual behaviour to a place of shelter, where his/her head, neck, legs and feet should be cleaned with cold water, following which they should be fed with sugar and salt mixed water and then taken to a doctor or call a 108 Ambulance.

Don'ts during Summer

Common drinks such as coffee, tea and other drinks rich in sugar should not be excessively consumed during summer. Also it is better to avoid soda, carbonated drinks and other artificial drinks.

Kodagu man tests COVID-19 positive

Contact-tracing in full swing; Containment Zone declared

Efforts on to track 38 passengers who had travelled with patient from Bengaluru to Murnad

DC Annies Kanmani Joy

The village of Kuthimotte near Kondangeri in Kodagu which has been declared as a Containment Zone.

Madikeri, Mar. 20 (PS&BCT)- A 35-year-old man from Kodagu district tested positive for COVID-19 yesterday, taking the count to 15 in the State. He had returned from Dubai to Kempegowda International Airport in Bengaluru on Mar. 15 and travelled to Kodagu by bus via Mysuru.

The Kodagu District administration is scrambling to identify (contact-tracing or contact-tracking) the positive patient's fellow passengers who travelled with him in the KSRTC Rajahamsa bus from Bengaluru to Murnad via Mysuru.

While the auto driver, who had dropped the patient from Murnad to his house at Kuthimotte village near Kondangeri, presented himself before the doctors this morning, officials have identified three teachers who travelled in the same bus from Bengaluru. Efforts are on to trace the others. There were 38 passengers in the bus. The bus has been thoroughly sanitised before it went for other trips.

The COVID-19 positive patient was kept under quarantine at home and was initially asymptomatic. He was admitted to the designated isolation hospital at Madikeri on Mar. 17 and his samples were collected the same day. His contact tracing is currently underway, according to the Department of Health and Family Welfare.

Advisory to passengers

The Kodagu District Administration has issued an **advisory to all passengers who travelled with the man on the Dubai-Bengaluru flight and in the bus from Bengaluru to his native** near Murnad.

"All passengers who were on board the Indigo flight (No. 6E96) on Mar.15, which reached Bengaluru at 4.15 pm and also those who travelled in the **KSRTC Rajahamsa Bus (KA-19-F-3170), which started from Mysuru Road Satellite Bus Station, Bengaluru at 11.33 pm to Madikeri (via Virajpet and Murnad) should immediately report to the nearest Government hospital,"** the advisory said.

Even the KSRTC has issued a plea asking all those who travelled on the Rajahamsa bus along with the patient to report to the nearest Government hospital. "A total of 38 passengers including 33 unreserved passengers travelled on the bus. All the five reserved passengers in that bus were informed over phone to report immediately to a Government hospital," said a KSRTC Traffic Controller from Madikeri.

Other possible patient contacts

Latest reports from Madikeri say that the auto driver who dropped the COVID-19 positive patient from Murnad to his home at Kuthimotte village near Kondangeri turned up at Kodagu Institute of Medical Sciences in Madikeri this morning for check up. Doctors have taken the driver to an isolation ward at Madikeri Medical College where his samples will be collected and sent for tests.

Efforts are on to trace the people who travelled in the same auto during the course of the day on Mar. 16. Officials have not ruled out screening of the patient's relatives who came in contact with him till he reported to the hospital.

Three teachers identified

Three teachers from Virajpet Taluk who have travelled in the Rajahamsa bus along with the COVID-19 positive patient from Bengaluru have been traced and are being examined at Kodagu Institute of Medical Sciences after keeping them in isolation.

Soon after the announcement of a positive patient was made, Kodagu Deputy Commissioner Annies Kanmani Joy said that prohibitory orders under Section 144 of the Code of Criminal Procedure (CrPC) have been imposed in Kodagu. Hotels, lodges, dormitories and home stays in the district will remain closed. Tourist spots, which were already closed last week, will continue to remain closed.

197 people are currently under home quarantine in Kodagu after returning to India from abroad. This includes 78 people in Madikeri taluk, 54 people in Virajpet taluk and 55 people in Somwarpet taluk. People travelling through the district's border with Kerala are being screened.

Containment zone

Meanwhile, the village of **Kuthimotte has been declared as a Containment Zone** and the residents have been put under observation and isolation as a precaution until Mar. 31. They have been asked to stay at home and not to interact with others. The village has about 75 families consisting of 306 persons.

Kodagu DC Annies Kanmani Joy said the **District Administration has made arrangements to provide all essential supplies, including food to the residents until they come out of the isolation.** The Department of Food and Civil Supplies would look after the essential supplies.

No visitor is allowed into the village and all access points have been sealed with Police personnel guarding them. All events and gatherings have been banned. Hotels and shops including those supplying essential items will remain closed. A buffer zone for five km from the village has been identified and the persons in the area would also be under observation.

Travel History

- Landed at Kempegowda International Airport at 4.30 pm from Dubai on Mar. 15
- In airport till 5.30 pm
- Took a BMTC bus and went to Al-Bek Hotel in Malleswaram to eat a meal
- Took an auto at 10 pm to reach Mysuru Road Satellite Bus Stand
- Boarded a KSRTC Rajahamsa bus (KA 19-F3170) to Murnad at 11.33 pm
- Bus stopped at Mysuru Bus Stand at 2.30 am on Mar. 16
- Reached Murnad on Mar. 16 at 5.30 am and then reached his Kuthimotte village near Kondangeri at 6 am
- On Mar. 16, travelled to nearby Kunjila village with his family members
- On Mar. 16, visited a local religious place and his relatives
- On Mar. 17, he came with his friend and got admitted at Madikeri hospital after he showed severe signs of fever and cough

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ಇ-ಪ್ರೊಕ್ಯೂರ್‌ಮೆಂಟ್ ಅಲ್ಪಾವಧಿ ಟೆಂಡರ್ ಅಧಿಸೂಚನೆ
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Over a cup of evening Tea

By Dr. K. Javeed Nayeem, MD

Combating Coronavirus with some Common Sense

The most important agency that promotes cross infection is the mass air-conditioning that exists in most of our office spaces today. We have completely destroyed and eliminated the concept of cross ventilation from our work places and all people healthy and unhealthy are forced to breathe the same foul air over and over again which can only mean mass suicide in times of viral pandemics like the one we are now facing. Also, travel from one place to another, even by any mode of personal transport should be restricted and monitored closely. When the rest of the world has done it very effectively, there is no reason why we should not be able to do it too before we begin to regret our inaction. The time to act is now. Tomorrow will be too late!

Thanks to modern technology, for the first time in the history of mankind after the **Deadly Plague** of 1918, we are staring into the eyes of a pestilence which can perhaps prove to be deadlier, if we do not tackle it on a war-footing. I say this because today the spread of any disease for which we do not have either prevention or an assured cure is facilitated and hastened by our rapid globe-trotting way of life which did not exist a century ago.

To recap what happened then, let me first clarify that though it was called the Deadly Plague then, it was not the real kind of plague caused by bacteria and which is spread by infected rat fleas. It was actually an outbreak of viral influenza called the **Spanish Flu,** very similar to what we are seeing today in different hues like **Swine Flu, NIPAH, SARS, MERS** and certainly not unlike the present day COVID-19 infection.

The Spanish Flu was actually the first of the two pandemics caused by the **H1N1 Influenza Virus** with the second one being the **Swine Flu** of 2009 exactly ninety years later. It wiped out a quarter of the world's population between January 1918 and December 1920 by killing an estimated 5,00,00,000 people.

The exact geographic origin of the infection was never known and simply because Spain happened to be a neutral country during the First World War which had just ended then, it was conveniently labelled the epicentre; the heavy price it had to pay for not taking part in the madness that had afflicted a greater part of mankind then!

The close quarter living in military camps and the mass movement of troops across the length and breadth of a greater part of the world helped the rapid march of the infection across the globe. The disease killed people relentlessly in every part of the world with as many as twenty million people dying in India alone.

A second and more lethal wave of the pandemic was followed by a complete and spontaneous decline in its onslaught which can be explained by the propensity of all viruses to mutate from less lethal strains to more lethal ones and vice-versa. **While it lasted, it killed more Americans than the two World Wars, the Korean and Vietnam wars and America's present military engagement in Iraq and Afghanistan all put together.**

But this earth-shaking plague quickly faded from public memory because of other global events like the resurgence of the global economy after the Great War and then the commencement of the Second World War itself. We are right now fighting the present day great plague which has arrived in the garb of the Coronavirus and it is time now for us to fight it right if we have to succeed in stopping its march.

While our Governments both at the State and the Centre seem pretty serious in galvanising us all into action we the people seem to be in no hurry to respond and react. **I say this because most people do not seem to have understood the seriousness of the problem which is exactly why I have started this article on a rather grim note to make them understand what happened once and what can happen once again if we are not careful.**

Reports say that life has slowed down in Bengaluru with the streets showing a much lesser density of traffic, I see no such thing here in Mysuru. The cinemas and malls may be shut but people are continuing to throng the shops, cafes and restaurants as usual.

My friend who runs a high-end lab in the city called up yesterday to say that there was no drop in the footfalls in his lab which suggested that most doctors were practicing as usual, seeing all routine non-emergency cases and prescribing the usual routine lab tests for them. Even at the cost of losing valuable revenue which was coming to his doorstep he was of the opinion that we doctors should stop seeing and sending patients to labs who did not really need immediate treatment.

Although I stopped seeing non-serious patients in my consulting room, I was experiencing some difficulty in turning away the ones who come pleading for a prescription one last time. The result is that I have now entered into a state of complete self-quarantine from practice!

I think the time has now come for doctors to be permitted to suggest remedies for trivial problems to their patients through WhatsApp and SMS messages. The Government should take immediate steps to permit this in public interest and withdraw the ban that exists on it now. That way we would be enhancing our much needed social distancing measures.

The most important agency that promotes cross infection is the mass air-conditioning that exists in most of our office spaces today. We have completely destroyed and eliminated the concept of cross ventilation from our work places and all people healthy and unhealthy are forced to breathe the same foul air over and over again which can only mean mass suicide in times of viral pandemics like the one we are now facing.

All offices should follow the good example set by Infosys, the software giant, in sending most of their trainees and workers home in the interests of public safety. The Government should immediately order all similar establishments to ensure that their employees work from home. If some of them cannot ensure this, they should be asked to shut down their operations temporarily.

It should also suspend all forms of air-conditioned mass transport like buses, trains and the metro, especially where people travel rubbing shoulders, hips and even noses! When most of the office-goers themselves are asked to remain at home, the stopping of the metro will not make any difference to the few people who have to be present at work places like hospitals, banks, hotels and Police Stations. Travel from one place to another, even by any mode of personal transport should be restricted and monitored closely.

When the rest of the world has done it very effectively, there is no reason why we should not be able to do it too before we begin to regret our inaction. The time to act is now. Tomorrow will be too late! **But I only hope I am not talking of bolting the stable doors after our horses have already bolted!**

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Incoming Intl. flights banned for a week

New Delhi, Mar. 20 (UNI)- The Indian Government yesterday banned commercial international airlines to operate to India for a week from Mar. 22, following an effort to curb the outspread of COVID-19.

"No scheduled international commercial passenger aircraft shall be allowed to land in India from March 22, 2020 for one week," the Government said in an advisory. All citizens above 65 and children under 10 are advised to "remain at home" the advisory said.

In addition to the Government advisory, the Indian aviation regulator Directorate General of Civil Aviation (DGCA) said in a separate statement that while a maximum time of 20 hours is permissible for international commercial passenger aircraft to land in India, no aircraft will be allowed to disembark passengers on Indian soil, both Indians and foreigners, after 8 pm on Mar. 22.

"These instructions are in additions to the travel restrictions/ advisories already issued and under implementation," DGCA circular added. As things stand, India has temporarily banned the entry of foreigners into the country till April 15 in a bid to contain spread of COVID-19.

New Delhi has already suspended the visas of all incoming tourists and barred passengers of flights from the European Union, the European Free Trade Association, Turkey and the United Kingdom. Travellers from several countries are also subject to 14-day quarantine when they arrive in India.

District Minister in city tomorrow

Mysuru, Mar. 20- After a long break, District Minister V. Somanna, who is also the Housing Minister, will visit city tomorrow (Mar.21). On his arrival, the Minister will visit K.R. Hospital at 11.30 am, where he will inspect the measures taken to examine or treat Corona-infected patients.

He will later hold a meeting with officials at the Palace Board Hall, regarding precautionary and preventive measures taken in the wake of Bird Flu and Coronavirus scare, at 12 noon.

This meeting will be followed by another meeting at the same venue with officials concerned, during which he will review the hygienic measures taken in the interests of public health at 2 pm. Thereafter, the Minister will visit Ganapathy Ashram on Ooty road at 3 pm; Suttur Mutt at 4 pm; Chamundi Hill at 5 pm and return to Bengaluru at 5.30 pm.

First time in its history, Tirupati Temple shut

Andhra Pradesh, Mar. 20- The Tirumala Tirupati Devasthanam (TTD) Board, for the first time since the Temple's inception, has decided to close the famous Lord Venkateshwara Swamy or Balaji Temple to devotees as a precautionary measure to control the spread of Coronavirus.

All the vehicles were stopped on the way to the temple and the walkways were also closed.

The decision was taken after an emergency meeting was called yesterday. TTD Board Chairperson Y.V. Subba Reddy told media that a devotee from Maharashtra had taken ill with fever, cough and cold inside the temple and had to be shifted to hospital.

"Though for the last few days we have been asking devotees to avoid coming to the temple, the situation now is such that we have to close the temple. However, the priests of the temple will perform the rituals on a daily basis," Reddy said.

The patient who is now in Sri Venkateswara Ruia Hospital had come along with a group of about 100 pilgrims who had visited several other temples across the country. His sample has been sent for testing.

TTD had made elaborate arrangements for screening of the devotees. The pilgrims were being checked at entry points to the hill shrine. Sanitation was being thoroughly taken care of. All public places, roads, buses among others were being sanitised continuously.

The restrictions would come into force from Friday (today), Deputy Chief Minister for Medical and Health A.K.K. Srinivas (Nani) said after a high-level meeting on COVID-19, chaired by Chief Minister Y.S. Jagan Mohan Reddy.

Tirumala gets from 75,000 to 90,000 pilgrims every day. After appeals to avoid visiting the temple, this week there were about 30,000 devotees per day. "Even that can be a huge health risk. That is the reason we decided to shut the temple to devotees. We are stopping them at Alipiri itself. That may upset people, but it cannot be avoided," Reddy said.

The Andhra Pradesh Government has already asked malls and cinema halls to close down till Mar. 31.

Only 10 devotees at a time inside Chamundi Hill Temple

Mysuru, Mar. 20- In the wake of Coronavirus scare and as per orders from the District Administration, devotees, in spite of repeated orders to stay home and create social distancing, are still offering their prayers atop the Chamundi Hill, as was the case this morning too.

For such devotees, the Temple staff were standing guard near the general queue, ready with hand sanitisers for the devotees and made sure that every devotee sanitised his or her hands before entering the sanctum sanctorum. Also, all VVIP and special darshans have been cancelled and only 10 devotees are let inside the temple premises at once to avoid crowding.

Apartment locks itself up after inmate tests positive

Bengaluru, Mar. 20- An apartment complex on Cunningham Road, Bengaluru, has locked itself and its residents have quarantined themselves after a 20-year-old woman who recently returned from London on Mar.14, was infected and tested positive for Coronavirus on Mar. 16.

A resident of the apartment confirmed that the infected woman has been kept in isolation at a private hospital in city.

The Bruhat Bengaluru Mahanagara Palike (BBMP) has set up a team of 10 officials, who are monitoring the health of the residents round-the-clock.

Prior to declaring the lockdown, the Apartment Owners' Association drew up an elaborate set of guidelines which residents have to follow. No one is allowed to enter or leave the apartment till Mar. 22. "Domestic help and drivers who come from outside have been informed not to come to work until the lock-down period ends. There are 36 flats in the apartment complex and we are recording temperature of everyone, as per the directions of BBMP Guidelines," a Association member said.

Google Doodle encourages Social Distancing

In an effort to create awareness about Coronavirus and importance of Social Distancing, today's Google Doodle follows the official guidelines on how to properly wash your hands as recommended by WHO (World Health Organisation). Even the letters 'GOOGLE' have space in between them signifying how important social distancing is to avoid the spread of the deadly virus.

The Doodle also shows **Hungarian Physician Dr. Ignaz Semmelweis,** widely attributed as the first person to discover the medical benefits of hand washing. The Hungarian Physician on this day, in 1847, was appointed Chief Resident in Vienna General Hospital's maternity clinic, where he explained the importance of clean hands and demonstrated that doctors should disinfect their hands before attending patients, especially mothers. A mysterious infection also known as "child-bed fever" was leading to high mortality rates in new mothers in maternity wards across Europe.

Semmelweis after his thorough investigation deduced that doctors were transmitting infectious material from operations to the mothers through their hands. Immediately, the medical staff was asked to wash their hands before and after attending patients. This brought down the level of infections transmitted.

In 1865, Semmelweis suffered a breakdown and was taken to a mental hospital, where he died. Ironically, his illness and death were caused by the infection of a wound on his right hand. He died of the same disease against which struggled all his professional life. Decades later, the hygiene recommendations were validated as "germ theory of disease." **Today, Semmelweis is widely remembered as "the father of infection control," informing generations beyond his own that hand-washing is one of the most effective ways to prevent the spread of diseases.**

Meanwhile, according to the WHO site, "most health care-associated infections are preventable through good hand hygiene — cleaning hands at the right times and in the right way." Sadly, Vienna is also among one of the worst hit by the Corona pandemic.

Once you click on the Doodle, it directly leads to you to the **Ministry of Health and Family Welfare, Government of India, website exclusively dedicated to COVID-19, *www.mohfw.gov.in.*** The website has details about COVID-19 helpline number at Centre, States and Union Territories, email-id, advisory on social distancing, preventive measures to contain the spread of COVID-19, total number of passengers screened at airports across the nation, number of active cases in the country, number of discharged cases, number of migrated COVID-19 patient, total number of deaths due to Corona, including foreign nationals, dos and don'ts and travel advisory.

As of today, the Novel Coronavirus has spread to nearly 150 countries across the globe with major outbreaks in China, Iran, Italy, the United States and several countries in Europe. The virus has been contracted by over 2,00,000 people and has so far killed over 9,000. **In India, total number of cases reported positive are 171 with the number of deaths being 4.**

Even on last day, convicts kept hoping against hope

The hospital mortuary premises where the post-mortem of Nirbhaya convicts, who were hanged to death early today, was conducted.

New Delhi, Mar. 20 (UNI)- A day before their scheduled execution at Tihar Jail, the four Nirbhaya convicts were anxious. They were eager to know about the plea filed for stay on hanging.

Jail Officers kept an extra vigil on the convicts to ensure they don't hurt themselves. All the staff, including the hangman, were counselled and their phones confiscated. The convicts were also counselled. An excerpt from the *Gita* was read out to them and they were told about *karma*.

"Pawan broke down after this and asked for forgiveness, while Mukesh kept on claiming that he was suffering for something he had not done. Akshay said he had reformed himself and wanted to do something good for the society. Vinay was hopeful that the hanging would be stalled at the last moment," a Jail Officer said.

All four convicts were asked to go to sleep early Thursday night ahead of their execution but they remained wide awake till late. They were asked to take a bath but none of them did. All of them were served their last meal but one of them refused breakfast before being taken to the gallows, an official said. Mukesh Singh wished to donate his organs and had given it in writing to the authorities last night.

According to officials, the convicts even started to behave hysterically and misbehaved with the Police. The convicts were escorted to the scaffold with their faces covered in black cloth and the executioner, Pavan Jallad, put the noose around the neck one by one. At the scheduled time, the Jail Superintendent waved his hand to signal the hangings, which were then conducted simultaneously as the executioner pulled the lever.

Their bodies were kept hanging for 30 minutes as per the protocol in Delhi Prison Rule, following which a doctor declared them dead. After the post-mortem, the bodies were handed over to family members after an undertaking was taken from them that they will not resort to public display of bodies.

Indian Football legend
P.K. Banerjee dies aged 83

P.K. Banerjee

Kolkata, Mar. 20 (Agencies)- Legendary Indian footballer P.K. Banerjee died here this noon after battling prolonged illness. He was 83.

Banerjee is survived by daughters Paula and Purna, who are renowned academicians, and younger brother Prasun Banerjee, who is a sitting Trinamool Congress MP. The 1962 Asian Games gold-medallist, whose best days as a striker coincided with Indian football's golden era, was suffering from respiratory problems due to pneumonia.

He also had an underlying history of Parkinson's disease, dementia and heart problem. He was on life support at a hospital here since Mar. 2 and breathed his last at 12:40 pm, according to a family member.

Born on June 23, 1936 in Moynaguri on the outskirts of Jalpaiguri in West Bengal, Banerjee's family relocated to his uncle's place in Jamshedpur before partition. He scored 65 international goals in 84 appearances for the national team.

Besides winning the gold medal at the Jakarta Asian Games in 1992, Banerjee led India in the 1960 Rome Olympics, where he scored the equaliser against a formidable French team in a 1-1 draw.

Before that, Banerjee represented India in the 1956 Melbourne Olympics and played a key role in their 4-2 win over Australia in the quarter-finals.

Banerjee's contribution to Indian football was duly recognised by the world governing body FIFA that awarded him the Centennial Order of Merit in 2004.

No carry over system for MBBS
students who fail first year: Minister

Bengaluru, Mar. 20- (KMS&DM)- Medical Education Minister **Dr. K. Sudhakar** said that first year MBBS students, who fail in even a single subject, will not be allowed entry to the second year.

Replying to a query by MLA Subbareddy during Question Hour in the Assembly yesterday, the Minister said this rule is framed by Medical Council of India and all Medical Colleges have to follow this. However, the Minister clarified that carry over system applies to second, third and fourth year students.

Maintain safe distance at Railway ticket counters

Mysuru, Mar.20 (RKB&DM)- The Coronavirus pandemic has resulted in a sharp decline in the number of Railway and Bus passengers in city. The City Railway Office is witnessing an unprecedented number of cancellation of train bookings over the past one week. Due to poor occupancy rates, the Railways has cancelled 12 trains.

However, the Railways is undecided yet on cancellation of all trains on Mar.22 (Janata Curfew).

Meanwhile, the Railways has set up a Health Desk at the main entrance of City Railway Station. All passengers entering the Station have to undergo thermal screening. Apart from this, the Railway staff were seen marking spaces for the passengers to maintain a safe distance while standing in queues at the ticket counters.

On Thursday, 355 passengers underwent thermal screening during which two passengers whose body temperature was recorded above 100 Degree Celsius, were referred to isolation ward at K.R. Hospital, according to Railway sources. Railway staff B. Parthasarathy, Mohan Kumar Singh, Hanumantha Rao and Balasubramanya are manning the Health Desk from 6 am till 11 pm.

The vehicle parking lot in front of the City Railway Station too has become a casualty of Corona scare, which now wears an almost deserted look. On normal days, Railway parking lot used to have about 180 cars, but with dip in passengers, hardly about 20 cars were seen today.

Dip in bus passengers

The COVID-19 scare has badly hurt KSRTC too with most buses recording very low occupancy. According to KSRTC authorities, the number of passengers has fallen by nearly 60 percent in the past one week. KSRTC is yet to decide on halting all bus operations on Mar.22.

Former Senior Rly. Engineer
from Mysuru jailed for corruption

- He was found illegally carrying Rs. 52 lakh to his native in Rajasthan
- Sentenced to 3 years, 6 months in jail; Court slaps a fine of Rs. 52 lakh

Bengaluru, Mar. 20 (UNI)- The Special Court for CBI Cases, Jaipur, has sentenced Bharat Lal Meena, a former Southern Railway Senior Divisional Engineer, Mysuru, to undergo three-and-a-half-years of rigorous imprisonment and slapped a fine of Rs. 52 lakh yesterday.

The case was registered on Dec. 22, 2002 when Bharat Lal Meena was caught travelling with his family with cash amounting to Rs. 52 lakh in a train from Mysuru to Sawai Madhopur.

During a joint surprise check conducted at Sawai Madhopur, it was found that the accused was in possession of Rs. 31.90 lakh in one of his big suit cases and Rs. 20.10 lakh in another small suit case (in total Rs. 52 lakh).

Acting on a tip-off, the raiding team boarded the train and searched the luggage of Bharat Lal Meena, who was then a senior Divisional Engineer of Southern Railway Division in Mysuru. It was one of the biggest unaccounted cash haul then and had hit headlines.

Meena, an Indian Railway Engineering Service Officer of the 1988 batch, was travelling to his home town on a holiday from his workplace in Mysuru.

Bharat Lal Meena failed to give convincing reply on the sources of the money recovered from him, while being interrogated by the CBI.

While Meena could not offer any explanation, his wife and peon tried to come to his rescue. While the peon claimed that Rs. 4 lakh belonged to him and he had earned it from selling "gobi manchurian", Meena's wife claimed that Rs. 5 lakh was given to her by her father who had died 10 years ago.

But a cross-examination could not corroborate these answers, a CBI spokesman said. Meena also said that he had a bank balance of Rs. 10 lakh.

Investigations revealed that Meena had amassed assets amounting to Rs. 51.59 lakh through ill-gotten means and was transporting the cash in the train.

CBI filed a charge sheet on Nov. 25, 2004 under Prevention of Corruption Act, 1988 and charges were framed. The Trial Court found him guilty and convicted him.

Together we can defeat COVID-19

All manufacturers and retailers need to take note of the following to help ensure maintenance of essential supplies for management of COVID-19 logistics:

- Production, quality, distribution and logistics of masks (2ply and 3ply surgical masks, N95 masks) and hand sanitisers brought under the Essential Commodities Act, 1955.
- Ramp up production capacity of masks and sanitisers to ensure their fair distribution and retail.
- Quality of sanitisers shall be as specified by the Central Drugs Standard Control Organization (CDSCO) and the quality of masks to be as per BIS standards.
- Maximum retail price (MRP) of masks and hand sanitisers should be broadly at same levels as prices prevailing before the COVID Pandemic.
- Wrongful claims about products and services using Corona Virus, COVID-19 and other variant of these names would be liable for misleading advertisement, and prosecuted under the Consumer Protection Act.
- Retailers may restrict the number of items sold to each customer to address problem of panic buying. This restriction also applies to other essential supplies such as staple foods, daily necessities and personal hygiene products.
- Retail shops and organized retail-chains may designate specified hours during the day for sale of essential supplies only to vulnerable people like the elderly, to help them avoid contact with public at large.
- Ecommerce platforms to ensure proper hygiene and sanitation of their last mile delivery personnel, kitchens, packing areas and delivery vehicles. These should be cleaned and disinfected from time to time. All last mile delivery staff suffering from symptoms of common cold and flu should be taken off duty.
- Special arrangements may be made for delivery of groceries and cooked food for those who are in home quarantine and to the elderly people. Resident Welfare Associations (RWAs) and neighbourhoods to form volunteer groups to ensure essential supplies to them.
- Central Drugs Standard Control Organization (CDSCO) and Director, Legal Metrology through State governments are taking strict action against hoarding and sale above Maximum Retail Price (MRP).

Complaints and suggestions related to maintaining essential supplies for management of COVID19 logistics can be made on the Consumer Helpline below.

CALL TOLL FREE 1800-114000 or 1800-114404

Issued in public interest jointly by -

DEPARTMENT OF CONSUMER AFFAIRS GOVERNMENT OF INDIA

CDSCO NPPA AFFORDABLE MEDICINES FOR ALL

davp 08101/13/0014/1920

Coronavirus pandemic

Awareness workshop for journos

Mysuru, Mar. 20 (MTY&SD)- District Vector-Borne Diseases Control Officer Dr. Chidambara conducted a workshop at Vartha Bhavan here yesterday for media persons to create awareness about Coronavirus spread.

"People need not fear about the virus spread. If we take all necessary precautions, there is no need to be panic. India is fighting the virus bravely. World Health Organisation (WHO) has appreciated the Government's efforts in containing the spread of this deadly virus," he said.

"But the country is passing through the most crucial phase of the transmission of the disease. The spread of the virus has four distinct stages and currently, we are in stage 2, which is very crucial. When people who have visited the virus-hit foreign countries come back to the nation is the first stage. In this first stage, the virus enters a new territory. In the crucial second stage, patients having travel history come in contact with new persons and therefore chances of disease spread begin at this stage, which is called local transmission stage. In the third stage, community transmission takes place and large areas get affected and in the fourth one, with no clear end point like it did in China, the disease takes the shape of an epidemic," he explained.

District Vector-Borne Diseases Control Officer Dr. Chidambara addressing media persons at Vartha Bhavan yesterday as (from left) District Medical Officer of Health Department Dr. Prakash, Assistant Director of Information and Publicity Department R. Raju and Divisional Consultant of WHO Dr. Sudhir Nayak look on.

"The Government has proposed certain measures as a preventive strategy to combat the spread of the virus such as social distancing. People should follow four most important precautionary measures. One, maintain personal hygiene; two, cover your face fully using a handkerchief or tissue paper while coughing or sneezing to prevent the virus from spreading in air; three, practicing social distancing which is nothing but putting physical distance, of at least 6 feet, between yourself and others as well as staying home when you can; and four, wash your hands regularly and properly for at least 30 seconds with clean water and soap," he said.

Dr. Chidambara also briefed about the origin and proliferation of the Coronavirus and urged media persons to share the best practices with the public.

Be careful from where you get your news !

News about the new and deadly virus that appeared in Wuhan, China, in December 2019 is everywhere now. Where should you turn for the latest information on a rapidly changing situation? It's hard to beat the convenience of internet and we know there's a lot of useful and reliable information online. But there's also a lot of misinformation too.

The concern regarding this rapidly spreading virus is well-deserved and the deaths worldwide are truly sobering. Unfortunately, the numbers are likely to rise as efforts to quickly contain its spread have proven unsuccessful. So, it's particularly important to get reliable information about what is happening and to find out what you can do to protect yourself.

Beware: Misinformation is rampant

Just as the number of people and countries affected by this new virus has spread, so have conspiracy theories and unfounded claims about it. Social media sites, including Facebook, Twitter, YouTube and TikTok, have seen a number of false and **misleading posts including like "Wash milk bags the moment we take it, consider cancelling newspapers, and do not eat ice-creams as it helps in virus spread."**

Facebook has started marking some posts linking to information and articles about Coronavirus as spam and Twitter updated its safety policy to prohibit tweets that "could place people at a higher risk of transmitting COVID-19."

The new policy bans tweets denying expert guidance on the virus, encouraging "fake or ineffective treatments, preventions and diagnostic techniques" as well as tweets that mislead users by pretending to be from health authorities or experts.

The Karnataka and Union Governments have released round-the-clock Helpline numbers for citizens to help them with any queries or support related to COVID-19:

Central Helpline number: 011-23978046

Karnataka Helpline number :104

Mysuru Helpline number :1077

Email: ncov2019@gmail.com

'Turn off ACs, stop selling beverages kept in cold storages'

Mysuru Hotel Owners Association instructs its members

Mysuru, Mar. 20 (PM&SD)- As a precautionary measure to prevent the transmission of Coronavirus, Mysuru Hotel Owners Association has instructed its members not to sell sweats and beverages, which are kept in cold storages such as refrigerators.

Hotel Owners Association Members include owners of star hotels, restaurants, hotels, fast food outlets and bakeries.

Varieties of sweets, in particular Bengali sweets and other milk products, are normally kept in cold conditions in these establishments.

The Association has issued this advisory to its members following District Administration taking drastic steps to control spread of Coronavirus in city.

As per the guidelines issued by the Association, cold drinks, fruit juices and other such beverages, which are kept in cold storages should not be sold to the customers.

The Association has also recommended usage of mineral water for preparing 'pani' for panipuri in fast food restaurants. The owners can keep the restaurants up and running, but they will have to turn off their Air Conditioners (ACs).

The State Government had recently asked the restaurants in the State to turn off ACs as it is believed that the virus might be able to spread through air conditioning systems.

Bakery owners are also advised not to use bare hands while kneading dough or mixing flour and maintain cleanliness at the premises.

The Association had convened a meeting here yesterday to discuss the necessary preventative measures.

Mysuru Hotel Owners Association President C. Narayanagowda, Hotel Owners Association Charitable Trust President Ravi Shastri, Vice-President Suresh, Mysuru Hotel Owners Credit Co-operative Society Ltd. President Subramanya R. Tantri, Members Gopinath Gupta, Mahesh Kamath and others were present.

'No need to fear'

Mysuru, Mar. 20- Backward Classes Social Welfare Department District Officer H.S. Bindya has assured that there is no need to fear Coronavirus if students take all necessary precautionary measures.

Addressing a meeting with Extension Officers and Hostel Wardens at the department's girls hostel at Raghavendranagar in city on Mar. 18, she said, "If any student is having any symptoms such as cough and fever, immediately seek medical advice. Wash your hands and feet regularly. Use cloth to cover your mouth while sneezing or coughing. Maintain cleanliness in the hostel, especially in the kitchen. While preparing food, use pepper, ginger, tulsi and garlic more often. Provide soaps to each student residing in the hostel."

She also advised them to use masks as a precautionary measure and inform the district administration in case any symptoms appear in any students.

District Office Manager Vishwanth, Taluk Extension Officers Suchendrakumar, Mohan, G.J. Mahesh, Rajanna, Premkumar, Tenganalkar, Sakamma and hostel wardens were present.

Wakf Board's Advisory to Mosques

Bengaluru, Mar. 20- In a bid to prevent COVID-19, the Karnataka State Board of Auqaf, Bengaluru, has issued a press note recommending precautionary steps to be taken at all Mosques, Dargahs and other religious institutions to contain the pandemic. A meeting, attended by Government officials, Auqaf officials and doctors on Wednesday, has decided on a series of steps to be taken including cleaning of Mosques and concluding the prayers within 15 minutes for the next three weeks.

The recommendations include, Mosques and its surrounding area be kept clean, soap or hand wash be made available to all who attend prayers at the ablution place, avoid keeping caps and towels in Mosques, precautionary measures be taken to maintain hygiene, Madrasas/ Makatib be closed on par with the directives of the Government for Schools and Colleges, vicinity of Dargahs be kept clean, not to allow huge crowds to stay, Jamath Salah (Prayer) be offered in minimum time and disbursed at the earliest, duration of Salah (prayer) be minimised, Friday sermons be shortened like in Middle East countries, Bayan/ Khutba (Sermon) for 10 minutes and Salah (prayer) for 10 minutes, Ijtema and Traditional Urus be celebrated with minimum attendance.

Also, persons suffering from respiratory or immunity related issues are requested to avoid coming into public places and at Mosques, Madrasas/ Makatib and Dargahs, according to a press release from the Board Chairman Dr. Mohammed Yousuff. For details, call: 080-22264594 / 95 or Fax: 080-22255663.

Sports injuries and rehabilitation

Sports injuries are injuries that occur when engaging in sports activities and exercising. Injuries like bruises, strains, tears, broken bones, sprains can be a result of sports injuries. Soft tissues like muscles, ligaments, tendons, fascia may be affected.

Common sports Injuries

The top ten most common sports injuries are tennis elbow or golf elbow, Hamstring strain, sciatica, shin splits, groin pull, concussion, ACL tear or strain, Hip Flexor strain. Common sports injuries include Achilles tendon rupture, Fractures, Dislocations and Rotator cuff injury.

Rehabilitation

Sports injury rehabilitation is a safe, therapeutic approach that helps athletes effectively treat pain and achieve optimal performance with targeted exercise to help you to return to pre-injury condition.

The five stages of rehabilitation in sports injuries are **1.** Reduction of pain and swelling, **2.** Restoration of joint mobility and range of motion, **3.** Recovery of muscle strength and endurance, **4.** Recovery of co-ordination, **5.** Recovery of sport-specific technical movements.

Three types of rehabilitation

The three main types of rehabilitation therapy are occupational, physical and speech. Each form of rehabilitation serves a unique purpose in helping a person reach full recovery, but all share the ultimate goal of helping the patient to return to a healthy and active lifestyle.

People with disabilities should have access to both general medical care and appropriate rehabilitation services.

Sports Medicine

Sports Medicine is a branch of medicine that deals with physical fitness and the treatment of prevention of injuries related to sports and exercise. A Physician practicing sports medicine focusses on sports related medical services.

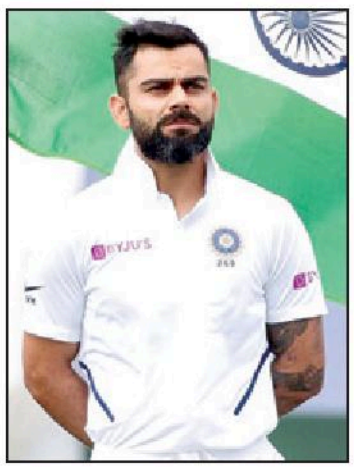
Careers in sports medicine

Some of the most common job titles within the field of sports medicine include sports medicine physician, athletic trainer, exercise physiologist and physical therapist.

Finally, injuries do happen for sports person and proper diagnosis and rehabilitation process is the need of the hour to enable them to recover and come back to normalcy.

Virat Kohli urges public to follow PM Modi's safety measures

New Delhi, Mar. 20- Virat Kohli, the Indian cricket team captain, has requested all the citizens of the country to follow the safety measures announced by Prime Minister Narendra Modi on Thursday. In his tweet last night, Virat Kohli wrote *"we need to be alert, attentive and aware" in the wake of the novel coronavirus (Covid-19) pandemic. "Be alert, attentive and aware to combat the threat posed by Covid 19. We, as responsible citizens, need to adhere to the norms put in place for our safety as announced by our Honourable Prime Minister Shri @NarendraModi ji. #IndiaFightsCorona".*



Kohli also gave a special mention to the medical professionals in the country and around the globe for all the efforts being put to fight Coronavirus.

"Also, special mention to all the medical professionals in the country and around the globe for all the efforts being put in to fight the #CoronaVirus. Let's support them by taking care of ourselves and everybody around us by maintaining good personal hygiene. #IndiaFightsCorona," Kohli tweeted.

Most of the sporting events around the world have either been delayed or cancelled as the Coronavirus cases continue to rise.

The Indian cricket team's most recent ODI series against South Africa was aborted to prevent the spread of Coronavirus.

Moreover, the BCCI delayed the start of this year's Indian Premier League (IPL) amid mounting anxiety in India over the Coronavirus pandemic.

The start of the IPL has been put back from March 29 until April 15 **"as a precautionary measure"** over the Coronavirus, the Indian Cricket Board has said.

Shane Warne's Gin Distillery to make hand sanitisers

Western Australia, Mar. 20- Amidst the Corona pandemic across the globe, Australian cricketer Shane Warne has halted production of gin at a distillery he co-owns to make medical-grade hand sanitiser for hospitals in these "challenging times".

The spin legend, who played 145 Tests for the Australian cricket team, responded to Australia's Prime Minister Scott Morrison's plea for companies to help wherever they can during the spiralling Coronavirus crisis.

"I am happy SevenZeroEight has the ability to make this shift and encourage others to do the same," Shane Warne tweeted.

Shane Warne is a co-founder in the company, alongside two prominent surgeons with an agreement in place to supply two Western Australian hospitals with hand sanitisers at cost.

The company halted gin production earlier this week and is now pumping out 70-percent alcohol hand sanitisers indefinitely. Incidentally, the name 'SevenZeroEight' is named after the 708 wickets Warne took at Test level.

Australia has so far seen more than 750 confirmed cases of the Coronavirus, with seven deaths from the disease.

City R-Day Contingent felicitated

The NCC Cadets of Mysuru NCC Group, who were part of the Karnataka & Goa NCC Contingent during Republic Day (R-Day) Parade 2020 at New Delhi, were felicitated at the NCC Group HQ, Mysuru, recently. Seen are *(kneeling from left)* ***Cadet Senior Under Officer (CSUO) Monish N. Aradhya, Cadets M. Shashank, S. Shreyas, Pragyan Sharma, Pranav Teja Shankar, Krish Garla, C.R. Krishna and H.B. Manikanta, Sergeant Santosh;*** *(standing from left)* ***Girls Cadet Instructor (GCI) K.P. Divya, Junior Under Officer (JUO) S.B. Sonika, Sergeant Anagha N. Iyappa, Cadets Swathi M. Shet and R. Samyukta, Col. K.C. Iyappa SM, Lt. Col. Abdul Kalam, Lt. Col. Parag Mukherjee, Col. P.T. Rajiv (Group Commander), Col. Rajesh Kumar, Col. V. Srinivas, Lt. Col. Vishal Mishra, Wg. Cdr. Sameer Mehra, Lt. Col. Roshan Appanna and S/O Shiv Kumar.***

New office-bearers for City BJP Unit announced

City BJP President T.S. Srivatsa (centre) seen announcing the list of new office-bearers of City BJP Unit at a press meet held at Patrakarthara Bhavan here yesterday as (from left) Vanish Kumar (General Secretary), M.A. Mohan (Spokesperson), Somasundar and H.G. Giridhar (General Secretaries) look on.

Mysuru, Mar. 20 (KS)- Mysuru City (District) BJP Unit has got a new team and the list of new office-bearers were announced at a press meet at Patrakarthara Bhavan by City BJP President T.S. Srivatsa yesterday.

New office-bearers

Vice-Presidents: Gopalaraje Urs (Vidyaranyapuram), T. Ramesh (N.R. Mohalla), T. Harsha (Devaraja Mohalla), Srinivas (Veeranagere), Prasanna (Ittigegud), Hema Gangappa (Ramakrishnanagar), T.N. Shantha (Bannimantap) and S.K. Dinesh (Yadavagiri).

General Secretaries: Somasundar (Weavers Colony), H.G. Giridhar (Kalyangiri) and Vanish Kumar (Nazarbad).

Secretaries: Shivaprakash (J.P. Nagar), Nandakumar (N.R. Mohalla), Bhagya (Weavers Colony), Poornima Chandrappa (T.K. Layout), Vedavathi (Corporator), Vijayakumari (Vidyaranyapuram), Padma (Mahadeshwara Layout) and S. Mahadevaprasad (Naidu Nagar).

Treasurer: Khandesh Kashi (Devaraja Mohalla); **Office Secretary:** H.P. Chethan (Srirampura); **Spokesperson:** M.A. Mohan (Ramakrishnanagar); **Convenor:** Mahesh Raje Urs (Brindavan Layout); **Co-Convenors:** Mahesh (Gundurao Nagar) and Pradeep Kumar (Togari Street); **Yuva Morcha President:** Kiran Gowda (Chamaraja Constituency); **Mahila Morcha President:** Hema Nandeesh (Chamaraja Constituency); **ST Morcha President:** Lakshman (Narasimharaja Constituency); **SC Morcha President:** Eshwar (Krishnaraja Constituency); **OBC Morcha President:** Manjunath (Krishnaraja Constituency); **Minority Morcha President:** Khaleem (Krishnaraja Constituency) and **Farmer Morcha President:** Devaraj (Chamaraja Constituency).

Pourakarmikas demand monthly supply of masks and hand gloves

Mysuru, Mar. 20 (PM&DM)- Even as the district administration is taking necessary measures and has enforced certain regulatory measures to stop the spread of the deadly COVID-19, MCC Pourakarmikas have complained that most of them do not have safety gloves and other protective gears.

Speaking to *Star of Mysore*, the Mysuru District Pourakarmika Association President N. Mara said that Pourakarmikas have played a very crucial role in Mysuru getting the cleanest city tag twice. But it seems that the MCC has ignored the safety and health of its civic workers and it is the duty of the MCC to distribute safety Gloves, face masks and other protective devices.

Welcoming the Government measures to check the spread of Coronavirus, Mara said that safety devices are an absolute necessity for Pourakarmikas who are engaged in cleaning of underground drainages, waste disposal etc.. But most of them do not have safety devices, he added.

Pointing out that there are over 2,000 Pourakarmikas attached to the MCC, he said that though the MCC has been distributing safety gloves and masks once in a year, it is not being done in a proper manner.

As such, the Association has appealed the MCC Commissioner for appropriate distribution of safety gloves, masks and gum boots. He also warned that all the civic workers will be forced to stop work if they are not provided safety gears and devices on a regular basis.

Mahesh, a Pourakarmika said it has been a year since they were provided safety gloves, masks, gum boots and other equipment needed for work. The gloves and masks should be distributed every month, he said and added that gum boots must be given once in six months.

MCC Health Officer Dr. M.S. Jayanth said that MCC is doing its best to ensure the safety and health of Pourakarmikas. The MCC is in the process of procuring additional gloves and masks and almost all the permanent and contract Pourakarmikas have been distributed the necessary safety gears.

However, a few civic workers in a couple of Wards are yet to get them and measures have been taken to address this issue, he maintained.

SWR Mysuru Division cancels 12 trains

Mysuru, Mar.20- South Western Railway (SWR), Mysuru Division, has decided to fully cancel the below mentioned train services due to poor patronisation in the context of outbreak of COVID-19.

The date of cancellation of trains are as follows:

1. Train No.16023/16024 Mysuru-Yelahanka-Mysuru, Malgudi Express journey commencing from 20.3.2020 to 31.3.2020

2. Train No.16557/16558 Mysuru-KSR Bengaluru-Mysuru Rajya Rani Express journey commencing from 20.3.2020 to 31.3.2020

3. Train No. 17325 Belagavi to Mysuru Vishwamanava Express journey commencing from 21.3.2020 to 1.4.2020

4. Train No.17326 Mysuru to Belagavi Vishwamanava Express journey commencing from 20.3.2020 to 31.3.2020

5. Train No.11065 Mysuru to Renigunta Weekly Express journey commencing on 20.3.2020 and 27.3.2020

6. Train No.11066 Renigunta to Mysuru Weekly Express journey commencing on 21.3.2020 and 28.3.2020

7. Train No.16217 Mysuru to Sainagar Shirdi Weekly Express journey commencing on 23.3.2020 and 30.3.2020

8. Train No.16218 Sainagar Shirdi to Mysuru Weekly Express journey commencing on 24.3.2020 and 31.3.2020.

9. Train No.12079/12080 Hubballi-KSR Bengaluru-Hubballi Janshatabdi Superfast Express journey commencing from 20.3.2020 to 31.3.2020

10. Train No.06539/06540 Yasvantpur- Shivamogga Town-Yasvantpur journey commencing on 20.3.2020, 24.3.2020, 25.3.2020, 26.3.2020, 27.3.2020 and 31.3.2020

11. Train No.16541 Yasvantpur to Pandharpur Weekly Express journey commencing on 19.3.2020 and 26.3.2020

12. Train No.16542 Pandharpur to Yasvantpur Weekly Express journey commencing on 20.3.2020 and 27.3.2020, according to a press release from Priya Shetty, Divisional Commercial Manager.

Obituary

Girijamma

Mysuru, Mar. 20- Girijamma (77), wife of Basappa and a resident of Saraswathipuram passed away this morning in city following prolonged illness.

She leaves behind her husband, two sons, one daughter and a host of relatives and friends. Last rites were performed at Veerashaiva Burial grounds at Vidyaranyapuram this afternoon, according to family sources.

Puchimanda Kamalakshi

Puchimanda Kamalakshi (73), a resident of Roopanagar, passed away yesterday in city.

She leaves behind one son, one daughter and a host of relatives and friends.

Last rites were performed this afternoon at the foot of Chamundi Hill, according to family sources.

Kanathanda Deepak Muthappa

Kanathanda Deepak Muthappa (52), Managing Director of COPS Securities, Mysuru, passed away yesterday at a private hospital in city.

A native of Thithimathi in South Kodagu, he leaves behind his wife Deena, CEO of Ayur Matam Hospital, one daughter and a host of relatives and friends.

Last rites were performed at Thithimathi this afternoon, according to family sources.

K.S. Nagaraj

K.S. Nagaraj (81), retired Deputy Director of Youth Services Department and a resident of Vivekanandanagar passed away yesterday in city.

A native of Katte Malalawadi in Hunsur taluk, he leaves behind his wife, one son, one daughter, son-in-law, daughter-in-law, grand children and a host of relatives and friends.

Last rites were performed this morning at the foot of Chamundi Hill, according to family sources.

Fruit business badly affected in city

Mysuru, Mar. 20 (YDS&DM)- Just like any other field or sector, the Coronavirus scare has hit fruit business in city badly, with sale of fruits falling sharply in the past one week.

With the onset of the summer season, fruit sellers used to do good business with people seeking to quench their thirst by drinking tender coconut, fruit juices and eating fruits like water melon, pomegranate, etc.,that were being sold by roadside.

Lorry loads of watermelons were seen by the roadside at several places in the city just over a fortnight ago. But the deadly Coronavirus scare has become a cause of great worry for the vendors, as their sales has witnessed a dip of over 50 percent in the recent days, which is attributed to various factors such as partial lock-down announced by the Government, several regulatory measures announced by the District administration and less movement of people, due to the scare.

Lokesh, a tender coconut vendor said that things have completely changed for him following the Coronavirus scare. Just over a week ago, he used to sell about 300 tender coconuts a day. But now, he hardly sells 150 a day and as such his livelihood is under threat, he maintained and added that it will be difficult for him to make a living if this situation continues for long.

Prakash, a fruit vendor, said that with many functions and weddings in city scheduled around the summer season, he used to do good business, but now due to Coronavirus scare, less people are visiting the market, badly affecting his business.

Unhygienic fast food outlets asked to shut down

Mysuru, Mar. 20(MTY&DM)- As a preventive measure to stop the spread of Coronavirus and Avian Influenza (Bird Flu), the Mysuru City Corporation (MCC) has ordered shut down of all unhygienic fast food outlets in the city with immediate effect. However, fast food outlets that have prioritised hygiene, have been exempted from the order.

Following the order, MCC officials and members of the MCC standing Committee on Health inspected street fast food vendors, Tea shops and other petty shops selling food items and checked for maintenance of cleanliness and hygiene, following which those falling short of standards were ordered to shut down immediately and not to re-open until further orders.

Speaking to *Star of Mysore*, MCC Health officer Dr. D.G. Nagaraju said that fast food outlets that follow cleanliness parameters are not being asked to shut down. However those food outlets which do not maintain cleanliness in their vicinity are asked to shut down immediately, taking into consideration the health and safety of the public, following the Coronavirus and Bird Flu scare.

Highlighting the importance of maintaining cleanliness, Dr. Nagaraju said that the MCC Health Committee will act sternly against outlets that do not follow the MCC guidelines.

MLA Ramdas urges authorities to distribute masks free of cost

Mysuru, Mar. 20 (RKB&SD)- A workshop was held recently at Vidyashankara Kalyana Mantapa here to create awareness about Coronavirus spread.

Presidents and office-bearers of 270 booths coming under Krishnaraja constituency and others participated in the workshop organised by Krishnaraja MLA S.A. Ramdas, who urged authorities to distribute distribute masks free of cost.

District Representative of World Health Organisation Dr. Sudhir Nayak, DHO Dr. Venkatesh, District Vector-Borne Diseases Control Officer Dr. Chidambara, Ayurveda Medical Officer Dr. Prasanna Venkatesh, Yogakumar, Dhanyakumar and others addressed the gathering and spoke about precautionary measures to be taken to prevent the outbreak of Coronavirus in city.

Speaking on the occasion, MLA Ramdas said, "The disease spread can be prevented by practicing Pranayama and Agnihotra.

For those who are interested, we will be conducting a training programme. About 60,000 brochures have been published and will be distributed all over the State."

Corporator B.V. Manjunath, City BJP President T.S. Srivatsa, M. Vadivelu and others were present.

Bird Flu scare amidst Coronavirus in Kodagu

More than 20 crows found dead at Kottamudi

Napoklu, Mar. 20 (KS)- Residents of Kodagu, who are panicked following a man being tested positive for Coronavirus, are now a worried lot after more than 20 crows were found dead behind the Anganwadi Centre at Kottamudi in Hodduru Gram Panchayat limits yesterday, which has triggered Bird Flu scare.

Dead crows were also found at the coffee estates in Kottamudi and it is suspected that more crows could be dead in forests and other coffee estates in the surroundings. But there are doubts as to why only crows were found dead and not any other birds and whether the birds have died of Bird Flu or other disease.

Following the death of crows, Deputy Commissioner (DC) Anees Kanmani Joy has ordered a team of veterinarians to inspect the place and investigate into the death of crows following which the team has left for Kottamudi.

Meanwhile, the DC said that the exact reason for the death of crows would be known only after conducting necessary tests. It is learnt that there are no high tension power lines in the vicinity and if at all the crows were electrocuted, their carcasses would not have fallen in different places.

As crows live in groups, there are chances that the crows might have consumed some poisonous substances which resulted in their deaths and the reason for their death would be known only after receiving the report from the laboratory.

DC bans sale of chicken in Mandya

Mandya, Mar. 20 (Nagaiah&KS)- Following Coronavirus and Bird Flu scare, which has necessitated preventive steps to be taken to avoid spread of the diseases, Mandya Deputy Commissioner (DC) Dr. M.V. Venkatesh has banned the sale and transportation of chicken and chicken meat and has also banned mass feeding and animal sacrifices at all temples in the district.

The DC has also banned preparation and serving non-vegetarian dishes at all hotels, restaurants and roadside eateries. He has ordered culling of pet birds at places where the disease is seen.

The Deputy Commissioner Said that though Bird Flu is rarely spread among human beings, it can have an adverse effect on humans and hence as a precautionary step had banned the sale of chicken in Mandya district.

The Mysore City Co-operative Bank election postponed

Mysuru, Mar. 20 (RK&DM)- With the Government announcing partial lock-down and other regulatory measures to stop the spread of the deadly Coronavirus, the election to the Board of Directors of the Mysore City Co-operative Bank, which was scheduled to take place on Mar. 22, stands postponed.

Following a letter from Mysuru Deputy Commissioner on Mar. 17 advising to postpone the elections in the general interest of the public due to COVID-19 scare, the Co-operative Elections Authority Deputy Secretary G. Pushpa has issued a circular postponing the Mar. 22 elections of the Mysore City Co-operative Bank.

Public libraries closed for public reading

Mysuru, Mar. 20- As places where many people congregate daily, to prevent the spread of COVID-19, all the public libraries in the city have locked their doors temporarily, as per the guidelines recently issued by Deputy Commissioner Abhiram G. Sankar. But the general public can borrow and return books and the library staff will be working as per schedule, according to a release.

WORD OF THE DAY

Crwth

Pronunciation: krooth
Meaning: Is a bowed lyre, a type of stringed instrument, associated particularly with Welsh music and with medieval folk music of England, now archaic but once widely played in Europe.
Origin: Crwth, which comes to us from Welsh, is the name for an ancient Celtic instrument that is similar to a violin. In Middle English, the instrument's name was spelled crouth before metamorphosing to crowd, a word still used in some dialects of England to refer to a violin. Crwth can also refer to a swelling or bulging body, and we can speculate that it came to be used for the instrument because of the violin's bulging form. Other Celtic words for the violin also have meanings referring to rounded shapes. In Gaelic, for example, cruit can mean "harp" or "violin" as well as "hump" or "hunch."
Example: The Irishman is an accomplished player of crwth.

THE ODD WORD

Canophilia

Love or fondness for dogs.

PHRASE OF THE DAY

Cat's Cradle

Meaning: A box-like shape which is made by from twisting a loop of string around their fingers. It is usually played by two players, although some variations may be played by one.
Origin & Example: This is a popular pastime for children throughout the world. The origin of the phrase or of the game aren't known, but both are certainly quite old. The first reference to the phrase is in Abraham Tucker's The light of nature pursued, 1768:
"An ingenious play they call cat's cradle; one ties the two ends of a packthread together, and then winds it about his fingers, another with both hands takes it off perhaps in the shape of a gridiron, the first takes it from him again in another form, and so on alternately changing the packthread into a multitude of figures whose names I forget, it being so many years since I played at it myself."

QUOTE BOX

Caring is the essence of nursing. **—Jean Watson**

RIDDLE THIS

I am the biggest alphabet, as I contain the most water in the world. Who am I?

Answer: The letter 'C'

SUDOKU

			6	4				
3				7			4	
8	6				3			
		1				9	5	
	5	9				7	6	
	8	7				2		
			7				3	9
	1			6				5
				1	5			

Answer to previous puzzle

7	5	4	9	2	1	3	8	6
8	3	1	5	4	6	9	7	2
2	9	6	7	8	3	1	4	5
6	1	7	3	5	9	8	2	4
3	8	5	4	7	2	6	1	9
9	4	2	1	6	8	7	5	3
5	7	3	8	9	4	2	6	1
1	6	8	2	3	5	4	9	7
4	2	9	6	1	7	5	3	8

Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Concept is Sudoku increases from Monday to Sunday.

CROSS WORD

ACROSS:

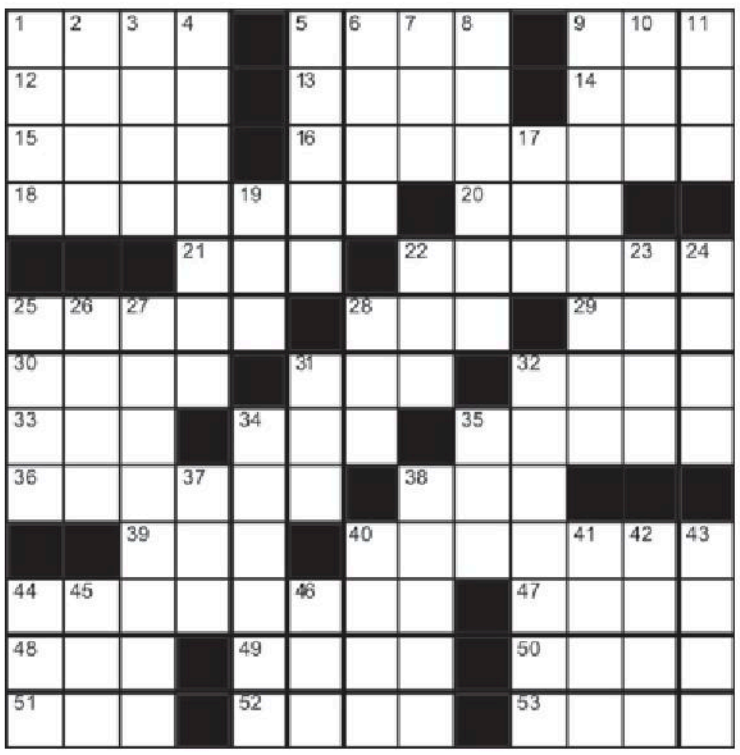
1 Spanish home
5 Afternoon refreshers?
9 Queen's birthday list honour, in short
12 Regrets, is contrite about
13 You too in Latin (2,2)
14 Female member of a religious order
15 Curved paths of projectiles
16 Difficult questions
18 Ms Portman of Hollywood
20 Cow call
21 The Almighty?
22 Of person, operated electronically, not naturally
25 Comedian Mr. Dutt
28 Set of tools
29 Sugar suffix ?
30 Mr. Shastri to his friends and fans?
31 Debutante, in short
32 Cut with shears
33 Navigation Mgmnt. Sys.
34 Captive soldier, in short
35 Bobby Fischer's forte?
36 A small tap or valve on a keg or a drum
38 Phir __ Dil Hai Hindustani?
39 __ Sarovar: bird sanctuary in Gujarat?
40 __Chaplin: the famous comedian?
44 Movie monster?
47 Children
48 To the __ degree (the ultimate)
49 Take a ___ : sit down?
50 ___ out : makes last longer?
51 Public Sector Unit, in short
52 Search for or pursue
53 Greek township

DOWN

1 A measure by which herrings are sold
2 An invisible or subtle emanation
3 Small religious group
4 A type of spear
5 Not very warm
6 "To be" in Paris?
7 ___ zed : alpha to omega (1,2)
8 Hand in or present
9 Go __ __ __ with : play directly against? (3,2,3)
10 Hobo
11 Abstract being?
17 A game involving money penalties
19 Little old lady, acronym?
22 Front part of an apron
23 River Thames at Oxford?
24 Boletus mushrooms
25 They are used to store ashes
26 Pack down
27 Indian silver medallist at the 2016 Olympics (1,1,6)
28 London's ___ Gardens
31 Full stop mark
32 ___ work : was a lazy person, in a way?
34 Refinement, elegance or poise
35 "Tea" in India
37 It equals a yard in India
38 Noted film maker Mahesh __
40 A Scottish tribe
41 Similar
42 The same, in Latin
43 Being in Latin
44 Govt. statistic
45 Off. Training Sch.
46 A coin and monetary unit of Rumania, equal to 100 bani

YESTERDAY'S ANSWER

R	A	P	T		F	I	T		P	O	S	H
I	B	E	R	I	A	N	S		R	A	F	A
S	U	R	A		R	E	A	L	I	S	E	S
E	T	U	D	E		P	R	I	M			
			E	A	S	T		E	A	R	N	S
	A	N	D	R	E		B		L	O	O	K
D	I	D		P	L	A	I	T		A	N	I
O	A	T	H		F		T	H	E	M	E	
H	A	V	O	C		S	E	E	R			
			W	E	A	L		N	O	S	E	Y
M	A	N	D	O	L	I	N		D	O	V	E
I	D	E	A		A	C	C	R	E	D	I	T
L	A	T	H		M	E	O		D	A	L	I



CRYPTOQUIP

The Cryptoquip is a substitution cipher in which one letter stands for another. If you think that X equals O, it will equal O throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

SC XIEGCYD XK SC WVHPOD; SC UD EDGRDWS

XK SC WVHPOD CRSDP.

TODAY'S CLUE: S EQUALS T

Yesterday's Cryptoquip: Such is the irresistible nature of truth that all it asks, and all it wants, is the liberty of appearing.

Holy Mass on Sundays cancelled till Mar. 31 at City Churches

Mysuru, Mar. 20- Following a Government advisory on preventive steps to check the spread of Coronavirus, Bishop of Mysuru Most Rev. Dr. K.A. William has announced that the holy mass conducted on Sundays and days of obligation have been suspended till Mar. 31, for the safety of the people.

Bishop Dr. K.A. William

The Bishop has asked the Priests to observe Mar. 22 and 29 (Sundays), as days of prayer and fasting personally, in family, religious communities and in small groups. He has encouraged the people to watch the Holy Mass on television and YouTube with due preparation and devotion. He has advised them to turn off other devices and refrain from doing household work during the prayer. Instead of receiving Holy Communion, the act of spiritual communion can be recited.

The daily mass can be continued, provided there are less number of participants (around 50). If there are more people attending, especially in city and important places of worship, a portion of the people can be allowed to attend holy mass during the week in nearby religious communities. Mission preaching, retreats, conventions, stations of the cross, conducting of holy hour, catechism classes, other meetings be cancelled.

Funeral masses can be cancelled if there are more than 50 participants. Churches should be kept open from morning till evening and the people can visit in limited numbers (less than 50).

English sections in Govt. Schools from next year: Minister

Bengaluru, Mar. 20 (KMS& DM)- Minister for Primary and Secondary Education S. Suresh Kumar said that English medium sections will be started in 835 Government Schools across the State from the next academic year (2020-21).

Replying to a query by Vedavyasa Kamath of the BJP during Question Hour in the Legislative Assembly on Thursday, Suresh Kumar said that English medium will be started in Government Schools in all assembly segments. Pointing out that English medium sections were introduced in 1,001 Government Schools including Karnataka Public Schools (KPS) starting from 2019-20 academic year, the Minister said that LKG and UKG classes too have been started in 276 KPS and there are no plans of introducing pre-primary classes in Government Schools next academic year.

To Our Readers

CORONAVIRUS SCARE: In the wake of the State Government's order for closure of malls, theatres, multiplexes, clubs, commercial establishments and also to not hold any public programmes which involves gathering of large number of people, the STAR MOVIE GUIDE and EVENTS column will not be published until further orders. —**Ed**

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ದೂ./ಫ್ಯಾಕ್ಸ್ ಸಂ.: 0821–2483917 Email: wp-survey@yahoo.co.in
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ಸಂ:ಎ4/ವ್ಯವಸ್ಥಾಪನಾಧಿಕಾರಿಗಳು/ಜಿಎಲ್–462/2019–20 ದಿ: 18.03.2020

ಪತ್ರಿಕಾ ಪ್ರಕಟಣೆ

ಪತ್ರಿಕಾ ಪ್ರಕಟಣೆ ಮೂಲಕ ಸಾರ್ವಜನಿಕರಿಗೆ ತಿಳಿಯಪಡಿಸುವುದೇನೆಂದರೆ ಕರ್ನಾಟಕ ಅರಣ್ಯ ಕಾಯಿದೆ 1963 ಮತ್ತು ನಿಯಮ 1969 ರಂತೆ ಮುಂದುವರೆದ ಪ್ರಕ್ರಿಯೆಗಳನ್ನು ಅರಣ್ಯ ವ್ಯವಸ್ಥಾಪನಾಧಿಕಾರಿಗಳ ಅಡಿಯಲ್ಲಿ ಕೆಲಸ ನಿರ್ವಹಿಸಲು ಈ ಕೆಳಕಂಡ ಸಿಬ್ಬಂದಿಗಳನ್ನು ಮಾಸಿಕ ರೂ.25,000/– ಗಳ ಮಿತಿಯೊಳಗೆ ಗುತ್ತಿಗೆ ಆಧಾರದ ಮೇಲೆ 2 ವರ್ಷ ಅವಧಿಗೆ ನಿಯೋಜಿಸಲು ಈ ಕೆಳಕಂಡ ಹುದ್ದೆಗಳನ್ನು ಸೃಷ್ಟಿಸಲಾಗಿದೆ.

ಕ್ರ.ಸಂ. 1 **ಹುದ್ದೆಯ ಹೆಸರು:** ಕಂದಾಯ ನಿರೀಕ್ಷಕರು **ಹುದ್ದೆಗಳ ಸಂಖ್ಯೆ:** 1 **ಕೇಂದ್ರ ಸ್ಥಾನ:** ಮೈಸೂರು **ವಿದ್ಯಾರ್ಹತೆ:** ಕಂದಾಯ ನಿರೀಕ್ಷಕರು ಸರ್ಕಾರಿ ಕೆಲಸದಿಂದ ನಿವೃತ್ತರಾಗಿ, 65 ವರ್ಷ ವಯೋಮಿತಿ ಹೊಂದಿ ಸದೃಢರಾಗಿರುವುದು. ಕ್ರ.ಸಂ. 2 **ಹುದ್ದೆಯ ಹೆಸರು:** ಮೋಜಣೀದಾರರು (ಡಿಜಿಟಲ್ ಸರ್ವೆಯರ್) **ಹುದ್ದೆಗಳ ಸಂಖ್ಯೆ:** 1 **ಕೇಂದ್ರ ಸ್ಥಾನ:** ಮೈಸೂರು **ವಿದ್ಯಾರ್ಹತೆ:** ಡಿಪ್ಲೊಮಾ ಇನ್ ಸಿವಿಲ್ ಆಥವಾ ಡಿಜಿಟಲ್ ಸರ್ವೆಗಳಲ್ಲಿ ಪೂರ್ಣ ಜ್ಞಾನ ಇರುವ ಬಗ್ಗೆ ಅರ್ಹತಾ ಪತ್ರ ಹೊಂದಿರುವುದು. **ಕ್ರ.ಸಂ. 3 ಹುದ್ದೆಯ ಹೆಸರು:** ಗ್ರೂಪ್–ಡಿ **ಹುದ್ದೆಗಳ ಸಂಖ್ಯೆ:** 1 **ಕೇಂದ್ರ ಸ್ಥಾನ:** ಮೈಸೂರು **ವಿದ್ಯಾರ್ಹತೆ:** ಎಸ್.ಎಸ್.ಎಲ್.ಸಿ. ಪಾಸ್/ಫೇಲ್ ಆಗಿದ್ದು, ಸದೃಢರಾಗಿರುವುದು.

ಷರತ್ತು/ನಿಬಂಧನೆಗಳು: 1) ತಾತ್ಕಾಲಿಕ ಹುದ್ದೆಯಾಗಿದ್ದು, 2 ವರ್ಷ ಅವಧಿಗೆ ಮಾತ್ರ. **2)** ಹುದ್ದೆಗಳು ಗುತ್ತಿಗೆಯಾದ್ದರಿಂದ ನಿಗದಿಪಡಿಸಿದ ಮಾಸಿಕ ಸಂಬಳ ಮತ್ತು ಹೊರತುಪಡಿಸಿ ಬೇರೆ ಏನು ಭತ್ಯೆಗಳು ಇರುವುದಿಲ್ಲ. **3)** ಹುದ್ದೆಗಳಿಗೆ ತಕ್ಕಂತೆ ವಿದ್ಯಾರ್ಹತೆ ಇದ್ದು, ಹೆಚ್ಚಿನ ಅನುಭವವಿದ್ದಲ್ಲಿ ಪರಿಗಣಿಸಲಾಗುವುದು. **4)** ಹುದ್ದೆಗಳಿಗೆ ವಿದ್ಯಾರ್ಹತೆ ಮತ್ತು ಅನುಭವ ಇದ್ದಲ್ಲಿ ವಯೋಮಿತಿಯನ್ನು ಸಡಿಲಿಸಲಾಗುವುದು. ಮೇಲ್ಕಂಡ ಷರತ್ತು/ನಿಬಂಧನೆಗೊಳಪಟ್ಟು ಇಚ್ಛಿಸುವವರು ಈ ಕೆಳಸಹಿದಾರನ್ನು ಕಛೇರಿಯ ಕೆಲಸದ ವೇಳೆಯಲ್ಲಿ ವಿದ್ಯಾರ್ಹತೆ ಮತ್ತು ಅನುಭವ ಹಾಗೂ ವಯೋಮಿತಿಯ ಸರ್ಟಿಫಿಕೇಟುಗಳೊಂದಿಗೆ ದಿನಾಂಕ: 31.03.2020 ರಂದು ಬೆಳಿಗ್ಗೆ 11.00 ಗಂಟೆಗೆ ಈ ಕೆಳಸಹಿದಾರರ ಕಛೇರಿಗೆ ಸಂದರ್ಶನಕ್ಕೆ ಹಾಜರಾಗಲು ತಿಳಿಸಿದೆ.

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SHUBHAM The Electronic Shopee

OUR SHOWROOMS

MYSURU CITY: DD Urs Road- 0821 4266603 | VV Mohalla- 0821 4288601 | Vijayanagara- 0821 4266705 | N R Mohalla- 0821 4245666 | KT Street- 0821 4260012 | J P Nagar- 0821 2371311 Saraswathipuram- 0821 4001573 | Kuvempunagar- 0821 4288604 | Rajkumar Road- 0821 2570065 | Chamundipuram- 0821 4288418 | Siddappa Square- 0821 4267322
MYSURU UP-COUNTRY: Mandya B M Road- 08232 222266 | Kollegal- 08224 252082 | T Narsipura- 08227 295044 | Chamarajangar-08226 225746 | Yelanduru-9743072581 Hassan-08172 295669 | Kushal Nagara- 9663374796 | Maddur- 9844401233 | Gundlupete- 9141473147 | Hole Narasipura- 8496976807 | Nanjangudu-08221-295997 |
BENGALURU: Rajajinagar- 080 41537184 | Chandra layout - 080 23396996 | BENGALURU UP COUNTRY : Channapatna- 97404 54117 | DAVANAGERE: Hosadurga- 98809 88714 Sagara- 9844475222 | MANGALURU: Kavoor- 8050539339 | Moodabidire-94480 15850 | HUBLI: Kusugal Road - 98453 93910 |